

Supporting great Learning – every day



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Life Education

SCARF

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Reception Class content

- Seasons and change
- Life stages in plants, animals and humans
- Where do babies come from?
- Getting bigger
- Me and my body
- Looking after my special people
- Looking after my friends

Sample Learning Activities

- Role play how you can help your special people at home
- Read a book together about getting bigger
- Using the pairs cards, match up the baby animal with its adult equivalent
- Invite a midwife in to talk about her job
- Draw pictures of a friend. At the bottom of the picture write how they look after that friend or how their friend looks after them.

Example worksheet to discuss life stages



Year 1 content

Extending learning from Reception.

New content includes:

- Our special people
- Caring behaviour
- Respecting others
- Safe touch
- Unsafe secrets
- Friendship
- Communication
- Bullying
- Boundaries
- Privacy including private parts
- Feelings

Sample Learning Outcomes

- Recognise and name some of the qualities that make a person special to them
- Identify simple qualities of friendship
- Identify things they could do as a baby, a toddler and can do now
- Explain the difference between appropriate and inappropriate touch
- Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep
- Identify parts of the body that are private



Example worksheet to unsafe secrets

Activity sheet

Secret and surprise cards

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Safety Caring Achievement Resilience Friendship

Dad tells you he is planning a surprise birthday party for Mum and asks you to keep it a secret.

As you are walking home from school, your friend Jack hits a boy from your class then runs off. He tells you not to tell anyone.

You are at home with your big sister. You tell the rest of the family to keep out of the kitchen because you are both tidying up. What you are really doing is making pasta for everyone for tea.

A stranger says hello to you when you are waiting outside a shop for your Mum. They give you a sweet and tell you to keep it a secret.

Year 2 content

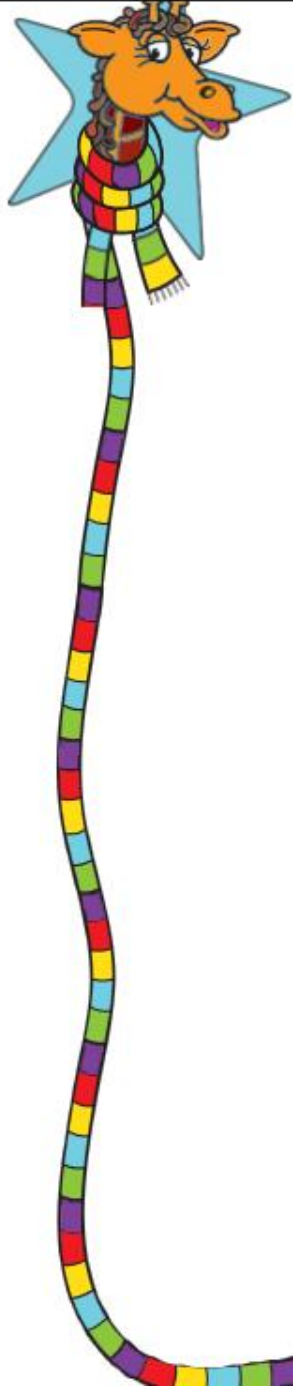
Extending learning in year 1.

New content to include:

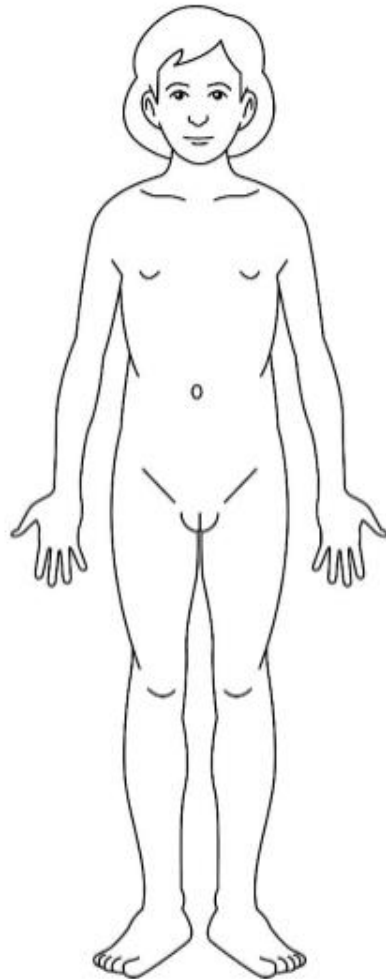
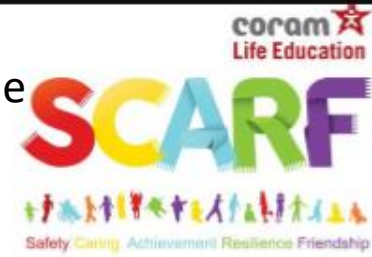
- How my behaviour (positive or negative) affects others
- Becoming more independent
- Keeping themselves and others safe
- Growing from young to old and how people's needs change
- Privacy including correct genitalia names

Sample Learning Outcomes

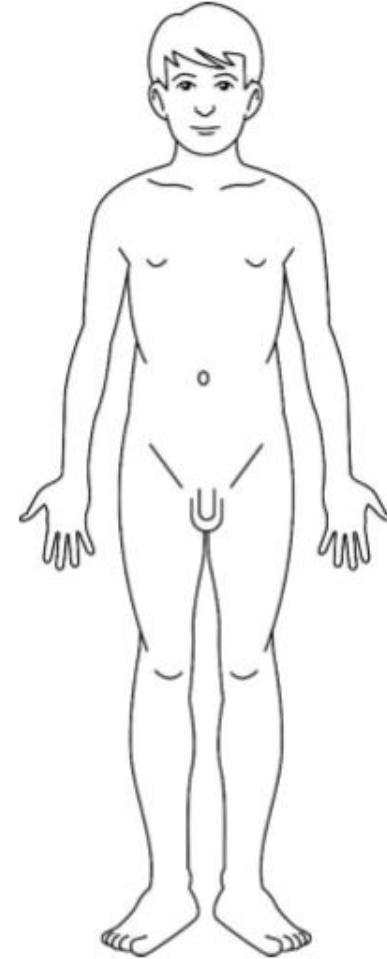
- Identify some of the ways that good friends care for each other
- Know and use words and phrases that show respect for other people
- Explain where someone could get help if they were being upset by someone else's behaviour
- Identify situations in which they would need to say 'Yes', 'No', 'I'll ask', or 'I'll tell', in relation to keeping themselves and others safe.
- Identify the types of touch they like and do not like



Activity sheet Example worksheet to understand and name external body parts
My body, your body



head
eyes
ears
nose
belly button (navel)
vulva
penis
fingers
knees
toes



Year 3 content

Extending learning in year 2.

New content to include:

- Change including bereavement
- Images in the media
- Protecting personal information online
- Different types of relationships
- Healthy and unhealthy relationships (friendships),
- Discrimination and its consequences
- Understanding risk
- Making informed choices
- Resisting pressure

Sample Learning Outcomes

- Explain some of the feelings someone might have when they lose something important to them
- Recognise and describe appropriate behaviour online as well as offline
- Identify when it is appropriate or inappropriate to allow someone into their body space
- Recognise who they have positive healthy relationships with
- Recognise that repeated name calling is a form of bullying



Example photos shared to explain different families and relationships



Year 4 content

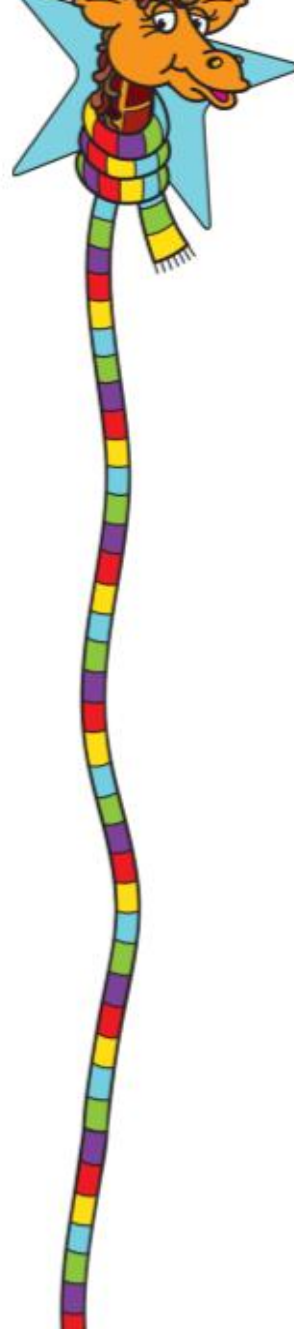
Extending learning in year 3

New content to include:

- Body changes in puberty
- Menstruation
- Conflicting emotions
- Good and not so good feelings
- Marriage and other relationships
- Consequences of our actions
- Recognise and challenge stereotypes
- Pressures to behave in an unacceptable, unhealthy or risky way

Sample Learning Outcomes

- Understand and explain why puberty happens
- Understand that for girls, periods are a normal part of puberty
- Suggest reasons why young people sometimes fall out with their parents
- Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony
- Define what is meant by 'being responsible'
- Understand and identify stereotypes, including those promoted in the media
- Understand that we can be influenced both positively and negatively



understand process of
menstruation
Periods positive



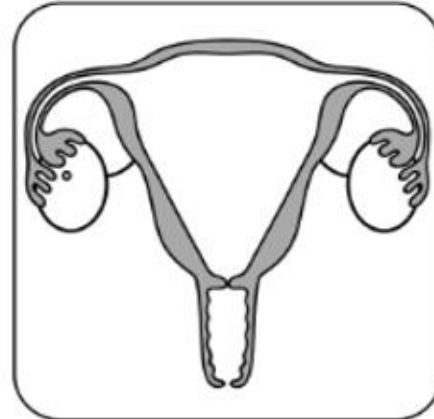
Cut out the pictures and arrange them in the correct order. Then stick them onto a blank sheet of paper.

A



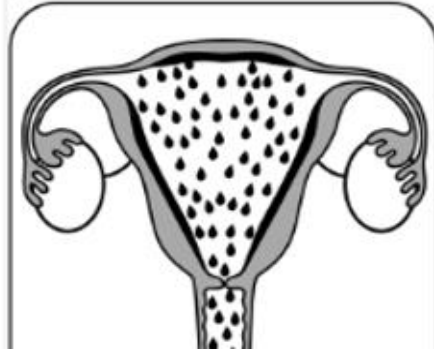
Wall of uterus (womb) thickens.

B

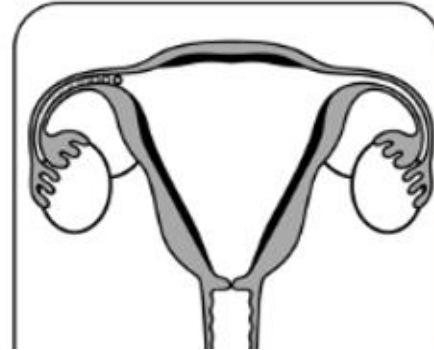


Egg is released from ovary.

C



D



Year 5 content

Extending learning in year 4.

New content to include:

- Body changes and feelings during puberty
- Changing feelings and the effect on those we live with
- Unhealthy relationships
- Risky behaviour
- Using social media safely
- Types of bullying including homophobic
- Keeping personal information private online

Sample Learning Outcomes

- Identify some products that they may need during puberty and why
- Recognise some of the feelings associated with feeling excluded or 'left out'
- Identify what things make a relationship unhealthy
- Explore and share their views about decision making when faced with a risky situation
- Recognise that people aren't always who they say they are online
- Recognise that some people can get bullied because of the way they express their gender
- Know how to protect personal information online

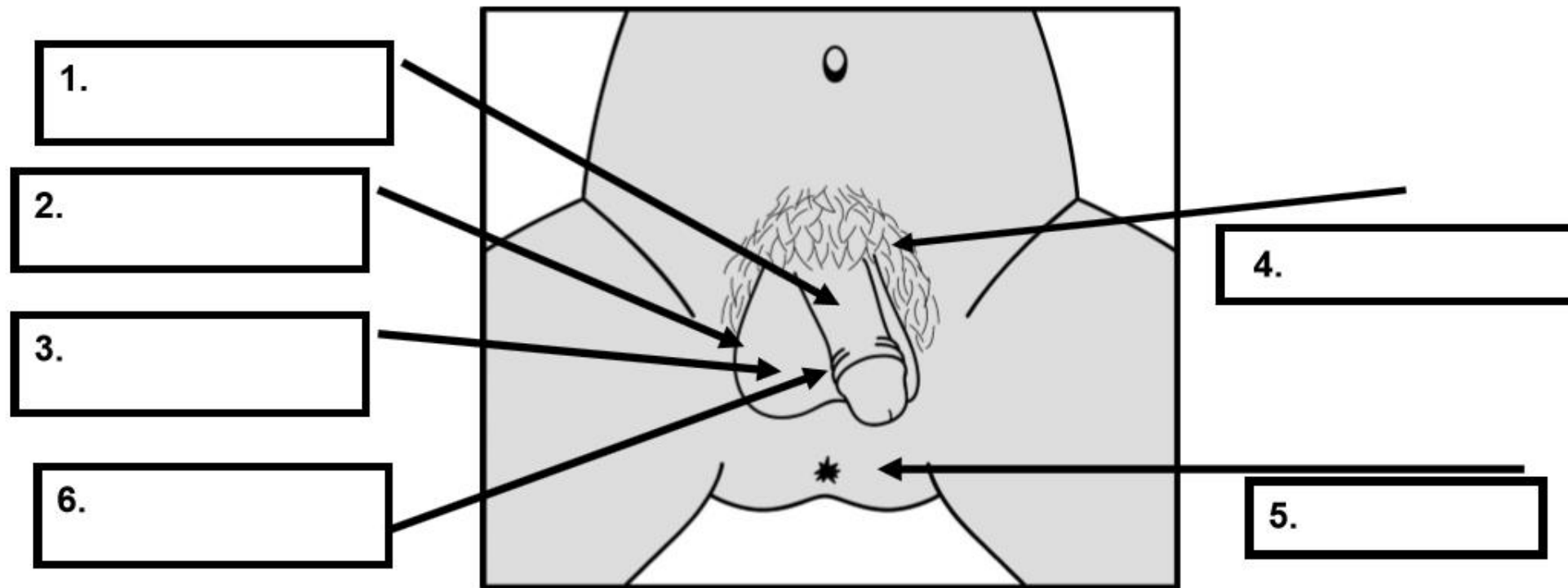
Example images to understand what can help stay clean and hygienic during puberty.
Actual real resources will also be shared with children.



Example diagram shared with the children to name
external body parts

Labelling male external body parts

Can you correctly label the following diagram, using the words in the box below?



* Pubic hair * Foreskin * Anus * Penis * Testicle * Scrotum

Year 6 content

Extending learning in year 5.

New content to include:

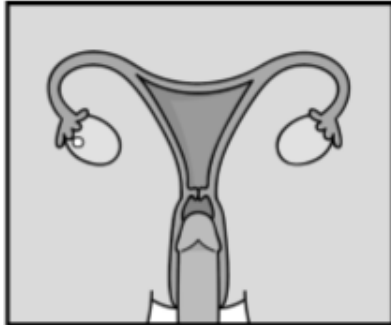
- Body image
- Sharing images online
- Conception, reproduction & birth

Sample Learning Outcomes

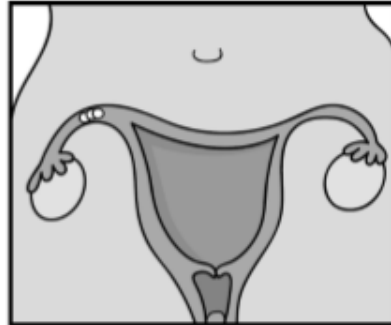
- Recognise that photos can be changed to match society's view of perfect
- Explore the risks of sharing photos and films of themselves with other people directly or online
- Describe ways in which people show their commitment to each other
- Know a variety of ways in which the sperm can fertilise the egg to create a baby
- Explain how HIV affects the body's immune system

Sorting Activity: Conception and pregnancy timeline

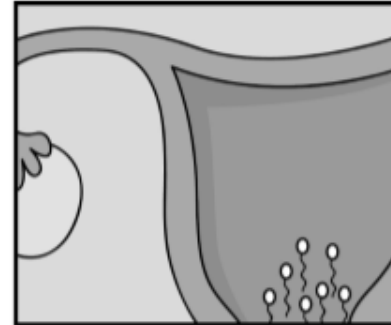
Cut out laminated copies of the images and related text for children to arrange them in the correct order. (Make enough sets for children to work in groups of 5 or 6).



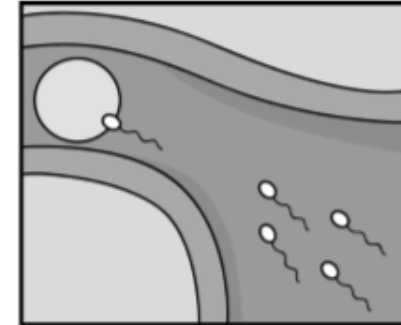
A man and woman have sexual intercourse. All this happens at the time of the month when the woman's body is releasing an egg from the ovary. This is called ovulation.



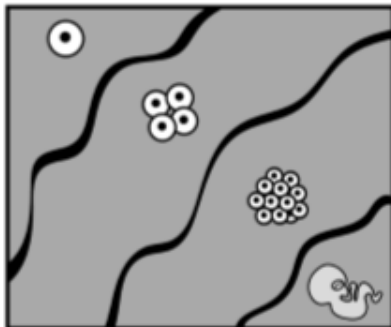
Ovulation- The egg is released from the ovary into the fallopian tube (passage the leads from the ovary to the womb). It starts to travel down the tube very slowly, towards the womb. It will stay in the fallopian tube for a few days.



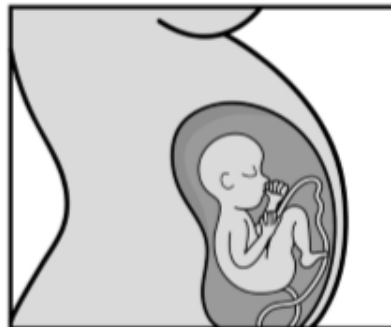
During sexual intercourse the man's penis enters the woman's vagina. He has an orgasm, releasing millions of sperm into her vagina. The sperm swim up the vagina. A few make it right to the fallopian tube, where the egg is.



One sperm meets the egg and enters it, beginning the first phase of making a baby. This is called fertilisation.



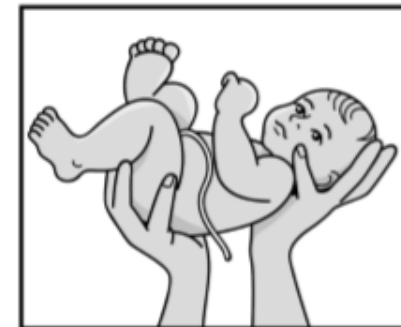
About 1½ days later the fertilised egg (egg and sperm combined) begin to change and grow.



About six days later the egg, now called an embryo, implants in the lining of the womb. This is where the embryo will continue to grow if it is not rejected.



Eventually around nine months later, the baby is ready to be born. Most babies are born head first and will leave the womb, travel down through the birth canal and be born.



The baby arrives and now needs lots of milk and attention to ensure it grows happy and healthy.